

M a y

Central Park Tennis Club



The Baseline

N e w s l e t t e r

President
Molly Lammers



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Spring is here! The trees and bulbs are in full bloom. The “rainbirds” are flocking back from Central Park South, aka: Palm Desert. People are getting outside to hit. I love spring. It’s never quite as warm as I think it should be, but everything looks and smells so fresh and pretty.

If you see me this week and my eyes are crossed, it’s because I have been going through the club financials. If you’re saying, “it’s about time,” I did have a lot to do before I got to that. Like re-organizing my closet, checking Facebook, doing yard-work, cooking dinner....Oh, and I’m not done yet. You know it’s bad when writing the newsletter becomes a stall tactic.

No one has ever accused me of being good with numbers, but I have been running a business with my husband for 15 years and, while I’m not in charge of the finances, I do go through them once a year and I’ve asked enough stupid questions that I actually understand them. I was also treasurer for a grade school PTA once (which BTW is the **WORST JOB EVER**. Imagine spending all weekend reconciling 10 pounds of change and 200 checks, all for various amounts under \$5). But let me tell you, the PTA and our little business, with 50 employees and 2 locations, is a **LEMONADE STAND** compared to this place.

The sheer number of factors involved is mind-boggling. Think about it: 4 buildings with various types of loans at various banks, a semi-service restaurant, a complicated member/fee structure; Some employees on salary, some on salary/retainer, some on contract. And hundreds of different ways that money comes in and goes out. I learned this week that we have 3 different insurance companies, to cover all of our various assets.

I’ll tell you what our biggest asset is, it’s the people who know these books inside and out: Julie and Marty McCurry (our finance committee chair of many years) leading the way. I swear these people could run the IRS.

I talked to Julie about it and she nodded and laughed. Now you know why I don’t like setting the budget, she says. The **BUDGET!** How do you set a budget when member spend can fluctuate 10k from one month to the next? When you don’t know what the new board will want to spend money on? When any number of catastrophes can happen to our aging buildings at any time? In my one year term, we have several things conk out and need to be replaced ASAP – from the sandwich cooler to the pool pump system.

But I don’t want to alarm anyone. Our club is in very good financial help and we are covered for the big stuff. So get out there and enjoy the spring!

-Molly Lammers, Club President

MAY IMPORTANT DATES

Friday, May 1	First day to sign up for Junior Tennis Pizza and Play!
Friday, May 1	First day to sign up for the Member Work Party
Tuesday, May 5	\$50K Women's Challenger Sponsorship meeting
Saturday, May 9	Mixed Doubles Tennis Extravaganza
Sunday, May 10	Happy Mother's Day! Mothers, enjoy a gift from Central Park!
Friday, May 15	Junior Tennis Pizza and Play
Saturday, May 16	Member Work Party
Tuesday, May 19	Sign-ups available for June Super 60s
Wednesday, May 20	Women's Doubles Benefit Challenge Sign up Deadline
Friday, May 22—25	No Junior Team - Memorial Day Weekend
Friday, May 22	Pool opens for weekends only!
Monday, May 25	Happy Memorial Day - Regular Club Hours
Monday, May 25	Priority Deadline for Members for Junior Summer Camps
Friday, May 29	Deadline for June Super 60s
Friday, May 29—31	USTA Adult 40+ Playoffs at BC, Edgebrook, ProSports
Monday, June 1	Women's Benefit Challenge - 8:30 am—11:30 am
Thursday, June 11	USTA Adult 18 & Over Tournament Begins (11th - 14th)



MANAGER'S MISCELLANY

Women's \$50K Professional Tennis Tournament Coming to Central Park!

Word is out! Central Park has agreed to be the site for a professional tennis event October 5 through October 12. Throughout the next few months we will send out announcements sharing information on how members can get involved. In April, the first meeting announced the event and the key people involved. Vitaly Gorin will be the tournament director working closely with the USTA and Michael Kalian, who will be handling sponsorship. Their company is Tennis Tournaments, LLC and they will be handling all of the details of the tournament. On CPTC's side, Patrick Barthe is chairing the Events Committee of Kim Skorupa, Billi Jo Dunning, Darlene Watanabe and Trent Burns. This group will be sending out special notices for committee sign ups and how you can get involved. The next meeting called is for Tuesday, May 5, to determine interest in sponsorship. If you know someone that this might appeal to, please let them know the meeting starts at 6 pm on the 5th! It is going to get busy around here very quickly, so be sure to look for the emails that Kelly sends out.

Springtime is upon us! And the outdoor courts have been cleaned. Yes it is early, but if need be, we plan on doing a second cleaning later in the season. Our maintenance team will work hard to get out early to blow off the courts and plan on daily water changes to the coolers. If you do reserve a court for outside, please remember that this does count as a reservation and all policies apply. If you decide to move outdoors, you must communicate with the front desk as these courts may be spoken for.

Phil is hosting a Mixed Doubles Day tournament on Saturday, May 9 – teams will play in a 3-hour increment and lunch will be included. It is a great warm up to the Mixed Doubles season. Chad is planning a Junior Pizza and Play for Friday, May 15. Play for Rookies, Challengers and Champs, plus pizza...can't go wrong on this one.

Hope to see you at our Member Work Party Saturday, May 16. The Facilities Committee has quite a few projects that we could use help with – it's a great way to pitch in and meet a lot of members in a different atmosphere – plus a BBQ – how can you pass it up??

Other exciting news!!!

Memorial Day weekend we are back to pool time! Please check this newsletter for the times it will be open and the policies for kids using the pool. And please remember to bring your own pool towels.

Women's Benefit Challenge is right around the corner – Lisa and the associated clubs have found a great beneficiary for this fun event that includes Bellevue Club, Pro Club and Mercer Island Country Club. Watch for more information to come.

At the recent Board meeting, the Directors approved an increase to the Equity Membership Initiation Fee. With the waitlist of 28 – any new applicants after May 1 will be coming in at \$6000.

We have a great slate of Board candidates for this year's election. Ballots will be available mid-May and the results will be announced at our annual meeting scheduled for June 16.

Other miscellany items:

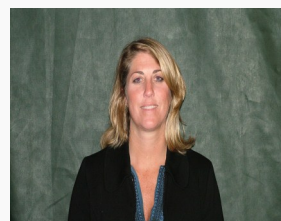
New Faces:

He is back!!! For those of you that have been here since early 2001... Jeff Eicher might be a name you remember? Jeff will be joining us this month, taking over for Angelo Niculescu. We look forward to having him as part of the team again and know his energy and tennis knowledge will be enjoyed by all. Jeff will start back May 10.

Look forward to seeing you here – we have a lot going on this month.

Julie Wheadon

Club Manager



COMMITTEE REPORTS

TENNIS | CHAIR BETH HOM

At this month's meeting, Mike Calkins, Premier Coach, was invited to update the committee on junior program development. He shared plans for increased integration and involvement of juniors into the club to facilitate comradely, mentorships, communication and play between higher level juniors and adult members. In addition, several family-focused events and junior tournaments are being considered. Committee member, Carolann Castell submitted updated information about the WTA \$50,000 tournament being held at CPTC, October 5-12, 2015. Sponsorship meeting 5/5/15 6:00-7:00 pm at CPTC is planned for those interested in contributing toward the two sponsorship levels: \$25,000 Naming Rights Sponsorship and \$10,000 Presenting Sponsorships. Lisa Moldrem shared that assistance from the CPTC membership will be needed for volunteering and housing. More information will be available in June.

The committee approved allocation of additional courts for USTA 18+ playoffs June 11-14, 2015.

Next TC meeting is May 12th at 6:00 pm in CPTC board room.

Please consider joining fellow CPTC members on May 16th for the annual Spring Work Party. A few hours of your time will make a lot of difference in club appearance and will be so very appreciated.

MEMBERSHIP | CHAIR KIM SKORUPA

The Housing Committee for the Women's \$50K Tournament is putting together the list of host families. The tournament is October 5-12. If you are interested in hosting, please send your name, contact information, how many you can host and any languages besides English that are spoken in your home to Kim Skorupa at kimskorupa@msn.com.

Interested in getting involved and being on a committee for the \$50K Women's Tournament? Sign-up sheet is now available at the front desk.



Have an idea? Join a committee and bring it to life!

COMMITTEE REPORTS

FINANCE | CHAIR MARTY MCCURRY

The financial results for the month of March were very good. Net Ordinary Income (before Capital Assessments, Depreciation, and Interest) for the month was \$28,682: budget for the month was \$15,398, yielding a surplus for the month of \$13,284. The surplus was due primarily as a result of higher than projected tennis lesson income for the month. The Club's financial position remains sound with Total Cash of \$354,741, and an excellent current ratio of over 3 to 1 even after spending \$21,000 on roof repairs.

Central Park Tennis Club continues to be fully subscribed with 500 members, and with a growing wait list to join of 28.

The next month's committee meeting will be Wednesday, May 20th at 6pm.

FACILITIES | KRISTEN GROBSTOCK

Please join us Saturday, May 16th, from 9:00 - 12:00 pm for our member work party and BBQ. We would love to see you there!

The pool is scheduled to open Saturday, May 23! Lifeguard hours will be 11am - 8:00 pm. Pool hours will be extended after the July 4th weekend to 11:00 am—9:00 pm to take advantage of our longer days!

Top 2 Pool Rules:

Swimmers must bring their own towels. No one under the age of 16 is allowed in the pool when there is no lifeguard on duty.

CUPS | CHAIR TRICIA SCHROTH

The Cups Committee will meet Monday, May 4th at 1:00 pm to start looking at applications and how many teams we will need at each level. There are approximately 125 women signed up for next year! Way to go ladies!

Central Park is a member owned club! Join a committee and help make the club a better place!

PROS COURT

What Kind of Tennis is Right for You?



Tennis for the Right Reasons

Tennis can be fun if we are challenging ourselves for the right reasons. If competition is causing unenjoyable stress, then we may be playing in the wrong way for our own enjoyment. There are plenty of people that play for more social reasons or just to get a workout. Those are great reasons to play tennis; but, once you compete where there is a winner and a loser, more is at stake. Ask yourself the following questions. Am I enjoying the highs and lows of the sport? Would I rather just hit casually or compete to the best of my ability? Am I playing too high of level or on the wrong team or even with the wrong partner? Is competing making me feel good about myself and the people around me? We need to be pursuing the kind of tennis we enjoy.

Competing Means Caring

Competition brings the best and sometimes the worst in people. It is an emotional ride. Understanding what it means to be a competitor can help us stay balanced. We put ourselves on the line every time we compete. Our goals are at stake every time we face off against our opponent. Everyone wants to compete to the best of their abilities but things don't always go the way we want them to. It's ok to triumph as well as fail. How we handle them makes us who we are as people and stamps out lasting impressions.

A Challenge is Fun and a Way to Learn

Tennis is a tough sport and everyone will make mistakes. Nothing goes exactly how we picture it but our errors are almost always a way to learn about ourselves and how we can improve. Try to celebrate your great shots as well as your opponent's. Shake off the bad moments and you will live to love the sport another day. Never perfecting our tennis is what makes it such an addicting game. Tennis is a lot like life; full of highs and lows. These swings are what makes this sport so fun and yet so frustrating. So go out there and swing away and enjoy the winners and the blunders.

- Chad Smith USPTA

FITNESS COURT

Join in this EPIC ADVENTURE

Trek The Grand Canyon!



Join us September 30-October 3, as we hike rim to rim and take in the glory of the Grand Canyon.

Training hikes are required.

Deadline for signing up is May 20th.

*Know someone who would like to go? Refer a friend and receive one complimentary class or training session of your choice! You must be going on the trip to receive this offer!

Questions about trip email:

clayr@centralparktennisclub.com

vickir@centralparktennisclub.com

MAY FITNESS CLASS SCHEDULE

TOTAL BODY: M/TH@1:00pm

ABS AND BACK: W@11:45am

FIT TO PLAY FOR MEN: T/TH@11:30am

BOOT CAMP: MWF@9-10am, T/
TH@5:45-7:00 pm

YOGA: Sat@9:00am & 10:15 am
Mon@5:45pm with Christina

NEW BEGINNINGS

Meet Jeff Eicher

CPTC's newest Pro!

Jeff comes with an extensive tennis background where he was a nationally ranked junior player as well as a four time state singles champion. He continued his education at University of Washington and was a member of the division 1 Men's tennis team. For the last 10 years he has been a part of various tennis programs teaching all ages and levels of players along the West Coast, including Central Park Tennis Club, La Jolla Beach and Tennis Club and most recently The Seattle Tennis Club.

Tennis Hatha YOGA

Mondays: 5:45 pm | Saturdays: 10:15 am

Starting May 4th!

Tennis Hatha Yoga is a series of poses designed to strengthen and balance the body, and prepare you for the repetitive tennis motions you experience throughout your tennis games. In this class you can expect a series of poses and more fluid movement and motion.

Classes are open to all levels, whether you are a beginner or a seasoned practitioner; there is a place for you. Be prepared to move and feel energized.

About the teacher:

Christina Ford was first introduced to yoga in 2006. She loves sharing the practice with others and is passionate about teaching, spreading the light and seeing individuals progress and transformations. She is classically trained in Power Vinyasa Yoga and Yin Yoga by Guru Carina Terra, both certified by the Yoga Alliance.

Yoga Class

- Please arrive 5-10 minutes early for your scheduled class.
 - Wear what is comfortable and allows you to move and stretch freely. Breathable fabrics are highly recommended.
 - A yoga mat will be provided if you do not have your own. Bring a large towel, and a water bottle.
- \$8+ tax – Sign up at the front desk!



MEMBER CONNECTION

THANK YOU JOHN INADOMI & DAVID KOH

For those that haven't heard, two of our Central Park members were able to save a man's life during a tennis match at Pine Lake. This is a heroic story as well as a reminder of how important it is to know emergency procedures.

Larry Ho's 3.5 men's team had a match at Pine Lake against the PL-Tiedeman team on Friday, April 3. Dean Tarabochia and David Koh were in a third set tiebreak when one of their opponents dropped to the ground with an apparent heart attack. Two doctors from Central Park were there playing for our team – John Inadomi and David Koh. They quickly had someone call 911 and started CPR. Apparently the man was blue and vomit was coming out of his mouth and they couldn't get a pulse. The Pine Lake staff got a defibrillator, instructions were laid on the ground, and the CP doctors and PL staff were able to bring the man back to life. It was a tense situation that our CPers handled in a very professional manner. When the EMT got there several minutes later, they said the team had saved the man's life.

Our CP doctors and Larry Ho's team deserve recognition for taking quick action to save a man's life. It can also serve as a reminder about where CP has its defibrillators and what actions need to be done in an emergency.

Thank you to John Inadomi, David Koh and Larry Ho's team!

We are proud!

REMINDER

Where are the Club defibrillators?

- (1) Club house, outside of the multi-purpose room.
- (2) Wright Building Foyer.
- (3) New Building Foyer.

Remember our emergency procedures:

From the court telephone Call 911 (Have someone alert the front desk about the emergency, call 110)

Start CPR.

The front desk staff will respond with the club defibrillator.



JUNIOR AWARDS

Congrats to all of our Juniors who competed in the mini-tournaments April 6th, 7th and 8th!

Champs

Winner: Luciana Sobrino

Runner-Up: Brett Pearson

Challengers

Winner: Brigitte Long

Runner-Up: Nishant Kondepudi

Rookies

Winner: Manu Shrivastava

Runner-Up: Benji Lelivelt



Junior Team Awards March/April!

Congrats to our winners!

LEVEL	MOST IMPROVED	PLAYER OF THE SESSION
CHAMPS	Vincent Yang	Simon Liu
CHALLENGER	Diana Koralski	Kevin Ma
ROOKIES	Nicholas Chesemore	Christine Wang
SHOOTING STARS	Alexander Singh	Tesa Luitkees
FUTURE STARS	Alex Takagi-Stewart	Sarah Chianglin
ROCK STARS	Claire Tholfsen	Leo Yoshida
LITTLE STARS	Jonah Chianglin	Olivia Gai

REMINDERS

Mixed Doubles Tennis Extravaganza!

Saturday, May 9th!

Sign up at the front desk!

Deadline for Entry: Wednesday, May 6th

Tournament Director: Phil Ansdell

MXD 6.0, MXD 7.0, MXD 8.0, MXD 9.0

*Guaranteed 3 matches!

\$10/person - lunch included!



JUNIORS!! Don't Forget to Join us at Junior Tennis Pizza and Play!!

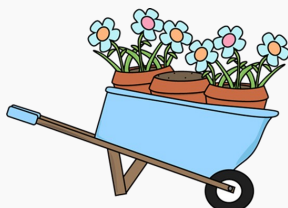
May 15th | 5:30 pm - 8:30 pm

\$10 - Rookies and Up

Sign-up at the front desk!



Member Work Party!



May 16th

9:00 am—12:00 pm

Enjoy muffins and coffee in the morning and BBQ in the afternoon!

Sign up at the front desk May 1st!

DEMO RACQUETS

HEAD

Hi Members!

I have a bag full of all the latest Head demos that are here for all Central Park members to try. If you are interested in learning more about Head rackets, please feel free to find me and ask questions or go to <http://head.com/tennis/products/racquets/?region=us>

- Chad Smith

WILSON

Hi Members!

Currently I have Stream, Juice and Five demos. Please go online to <http://wilson.com/tennis/rackets> to learn more about them. Below you will also find some helpful information:

The number in the name is the racket's head size. The rackets with an "S" feature Wilson's Spin Effect Technology. The "U" and "L" deals with weight. L=Light, UL=Ultralight.

The Wilson rackets are designated toward styles of play.

1) Baseliners

Steam (available to demo)

Burn

2) Attackers

Blade

ProStaff

Six.One

3) All Courters

Juice (available to demo)

Five (available to demo)

Three

- Lisa Moldrem



EVENTS

27th Annual Women's Doubles Benefit Challenge and Charitable Event

Benefiting Northwest Behavioral Associates

Supports Autism



Northwest Behavioral Associates

Monday, June 1st | 8:30 am—11:45 am

CPTC, Bellevue Club, Pro Sports Club, Mercer Island Country Club

Round Robin – \$50/person

Everyone can support this cause by participating in the raffle as well!

Raffle and registration forms will be out in early May.

Sign up forms will be at the front desk – watch for an update soon!

April Showers Beer Tasting Recap

Thank you to our many members who joined us at the Beer Tasting Mix Up on April 17th. The clubhouse was decorated in clouds and rain! Members enjoyed 5 tastings delivered by a local bar, Flatstick Pub. Appetizers and desserts were enjoyed by all!



Join us at the next Friday Night Mix Up June 5th!

ACES TENNIS

Hey Central Park Members,

In a competitive tennis brand market, every company is pushing to have the newest and greatest string. The most popular trends right now are the shaped polyesters; anything from the octangular Babolat RPM Blast to the new triangular Head Gravity. With all the hype, there is also a general misconception. The textures of these strings don't "grip" or "pocket" the ball more. Instead, they allow the strings to snap back into place with greater velocity and force. This string movement is what creates higher ball rotation and power. The down side is greater vibration (can lead to arm issues) and less control.

If the benefits sound good and you're looking to add an extra "umph" to your shots, try out any of our shaped polys in your next string job. A reminder, if your racket is signed in with one of our stringing forms at the front desk, filed by 9:00 am, we can have it returned and ready for play by 7:30pm that same day (Mon-Sat, excludes specialty string and grip orders). For any questions or for further information, please contact us at info@acestennis.net or call us at 425-235-9495 (Renton), 425-453-9224 (Bellevue).

And don't forget to check out the new colors for
Asics Gel Resolution 6's:



We match or beat internet prices and if we don't have your size in stock, we can have it ordered within two business days. - Aces Tennis

MEMBERSHIP

Welcome new members!

EILEEN AND DAN CHOU

Family Equity

Children: Josh and Sam



KAREN REYES & RICK LELAND

Family Equity

Children: Ethan



LARRY ALLEN DENSMORE XIAOLEI WANG

Family Equity

Children: Einya and Karmila



DAPHNE CHAU

Junior



GARY & LAURIE WILKE

Family Equity

Good luck and well wishes to our resigning members. We will miss you!

Makenna Livingston, Ron and Sharon Rosenblat, Zach & Jillian Glaser & Nael Hannan.

MASSAGE

Dear Members,

- ◇ New gift certificates are available for purchase at the front desk just in time for Mother's Day!
- ◇ I just completed a Myofascial Balancing of the Pelvis, Sacrum and Lowback continuing education.
- ◇ A friendly reminder that if you filled out a pink raffle ticket in February, you automatically won 2 massages for the price of 1.

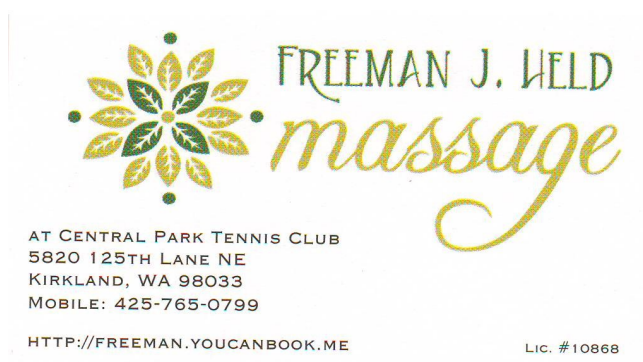
Contact me today to schedule your appointment!

Be well,
Freeman



Freeman's Hours:

M	T	W	TH	F	S	SU
11 - 4	11 - 4	11 - 4	11 - 4	—	9 - 12	—



Purchase 3 one hour massages for \$150 at the front desk through winter.

ADVERTISING AND CLUB INFORMATION



CENTER COURT CAFÉ

May Special

The kitchen will be serving a special homemade pasta pesto salad with the option to add chicken!



Please email our chef, Alivia, with questions or comments.

kitchen@centralparktennisclub.com